

The Mediterranean diet is a way of eating that emphasises fruit, vegetables, legumes and whole grains .It includes fewer ultra processed foods and less meat than a typical western diet. In general you'll eat lots of vegetables fruits lentils and nuts. A good amount of whole grains, like whole wheat bread and brown rice. A good amount of fish, especially fish rich in omega-3 fatty acids. Doctors often recommend the Mediterranean diet to help prevent disease and promote overall health.